What Is Claimed Is:

- 1. In a pressurized dispensing container, the axially actuated valve assembly improvement adapted to dispense a viscous or lumpy or fibrous product comprising:
- a valve having a valve stem with a wall defining a main passageway having an axis,

two and only two dispensing openings through said wall of said valve stem, said openings being circumferentially opposed to each other,

- said valve having a normal sealing state and a dispensing state,
 - a dispensing actuator coupled to said valve to actuate said valve in a direction along said axis from said normal sealing state to said dispensing state,
- both of said openings being in communication with the material to be dispensed within the container when in said dispensing state.
 - 2. The improvement of claim 1 wherein: the arc of each of said openings in said valve stem is between 90° and 130° .

- 3. The improvement of claim 1 wherein: the sum of said areas of said two dispensing openings is approximately equal to the cross-sectional area of said stem passageway adjacent to said openings.
- 4. The improvement of claim 1 wherein: the segment of said valve stem wall between said dispensing openings is thicker than the portion of said valve stem wall above said dispensing openings.
- 5. The improvement of claim 2 wherein: the sum of said areas of said two dispensing openings is approximately equal to the cross-sectional area of said stem passageway adjacent to said openings.
- 6. The improvement of claim 2 wherein: the segment of said valve stem wall between said dispensing openings is thicker than the portion of said valve stem wall above said dispensing openings.
- 7. The improvement of claim 3 wherein: the segment of said valve stem wall between said dispensing openings is thicker than the portion of said valve stem wall above said dispensing openings.

- 8. The improvement of claim 1 further comprising:

 a valve seat extending radially outward

 from the bottom of the valve stem, said seat having a

 diameter no greater than approximately 370 mils.
- 9. The improvement of claim 2 further comprising:

 a valve seat extending radially outward

 from the bottom of the valve stem, said seat having a

 diameter no greater than approximately 370 mils.
- 10. The improvement of claim 7 further comprising:

 a valve seat extending radially outward

 from the bottom of the valve stem, said seat having a

 diameter no greater than approximately 370 mils.

11. The valve assembly improvement of claim 1 wherein:

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said dispensing actuator is a nozzle fitted over said valve, said nozzle having a dispensing tip adapted to fit the valve stem of a tire, axial pressure on said dispensing tip depressing said nozzle and said valve to dispense the fiber containing composition in the container.

12. The valve assembly improvement of claim 2 wherein:

said dispensing actuator is a nozzle fitted over said valve, said nozzle having a dispensing tip adapted to fit the valve stem of a tire, axial pressure on said dispensing tip depressing said nozzle and said valve to dispense the fiber containing composition in the container.

13. The valve assembly improvement of claim 7 wherein:

said dispensing actuator is a nozzle fitted over said valve, said nozzle having a dispensing tip adapted to fit the valve stem of a tire, axial pressure on said dispensing tip depressing said nozzle and said valve to dispense the fiber containing composition in the container.

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14. The valve assembly improvement of claim 10 wherein:

said dispensing actuator is a nozzle fitted over said valve, said nozzle having a dispensing tip adapted to fit the valve stem of a tire, axial pressure on said dispensing tip depressing said nozzle and said valve to dispense the fiber containing composition in the container.

15. The method of dispensing a pressurized viscous or lumpy or fiber containing product from a pressurized dispensing container having a dispensing valve comprising the steps of:

actuating the valve in an axial direction between a non-dispensing state and a dispensing state wherein, in said dispensing state two and only two circumferentially opposed dispensing openings in the valve stem are in full communication with the product to be dispensed, and

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forcing the product under pressure through said two opposed dispensing openings into the passageway of the valve stem.

16. The dispensing method of claim 15 further comprising the step of:

providing an arc of between 90° and 130° for each of said dispensing openings in the valve stem.

17. The dispensing method of claim 16 further comprising the step of:

reinforcing the segment of the valve stem wall between said dispensing openings.

18. The dispensing method of claim 17 further comprising the step of:

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providing substantial equality between the sum of the areas of said two dispensing openings and the cross-sectional area of the stem passageway adjacent to said openings.